

# Rudd Center for Food Policy & Obesity

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## FAMILY HOME DAYCARE

### Nutrition & Physical Activity Policies and Practices Checklist

*[For home daycares that provide food to children]*

#### Meals and Snacks

POLICY	YES	No, not yet
Children have 30 minutes to eat breakfast and/or lunch		
Children have 20 minutes to eat snacks		
All meals and snacks meet the current U.S. Department of Agriculture Child and Adult Care Food Program requirements		
I serve a variety of foods to broaden children's food experiences		
Weekly menus are posted for parents		
Meals and snacks emphasize nutrient-rich foods like fruits, vegetables, whole grains, low-fat or non-fat dairy and lean meats		
Meals and snacks do not contain any trans-fats (hydrogenated oils)		
Meals and snacks are low in saturated fat, sugar, and sodium		
Only low fat 1% or non-fat/skim milk is served		
I use healthy food preparation techniques (e.g., we steam vegetables, bake chicken, etc.)		
Soda, sweetened tea, fruit drinks, full-fat (for children over 2) and flavored milk, candy, cookies, sugary cereals and French fries are never served		
Snacks include either whole fruits or vegetables at least once each day		
100% juice is served instead of fresh fruit or vegetables no more than once per week		
When 100% juice is served, no more than 4 oz is provided to each child in one day.		
I model healthy habits by eating the same food offered to children during meals and snacks		
I do not consume other foods or beverages in front of children		

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*[For home daycares in which parent send in all food for children]*

POLICY	YES	No, not yet
Children have 30 minutes to eat breakfast and/or lunch		
Children have 20 minutes to eat snacks		
Parents must pack meals and/or snack(s) that meet CACFP requirements		
No candy, soda, sweetened beverages, cookies or other desserts are to be sent in		
Parents are reminded to pack child-size portions		
If children bring prohibited foods to school, I will send them home with a reminder and provide the children with an alternative food on that day		
All food from home must be clearly labeled by the family with the child's name, date and type of food. It is stored at an appropriate temperature		
If refrigerator space is not available, families are asked to put an ice pack in their child's lunch bag.		

*[All home daycares]*

### Mealtime Practices

POLICY	YES	No, not yet
Food is never used as a punishment or reward		
I use mealtime as an opportunity to teach nutrition and food concepts		
I eat with the children to encourage social interaction and conversation, and ask questions and talk about nutrition concepts related to the foods		
I remind children to take small portions		
I encourage, without forcing, each child to eat or taste their food		
I help children gauge level of fullness when requests for second helpings are made		
Second helpings are not put on children's plate unless they ask for more or serve themselves		
When second helpings are requested, I encourage fruits and vegetables before other meal components		

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All children and caregivers wash their hands before meals and snacks		
Children eat family style, so they learn how to pour beverages, serve themselves, make independent food choices, and practice good table manners		
I offer water to children at meals/snacks and often throughout the day		
Safe, fresh drinking water is clearly visible and available to children at all times indoors and outdoors		
I have chosen to celebrate birthdays and other special occasions with activities that shift the focus away from food and to the child. Parents may choose a special activity to celebrate birthdays and other special occasions.		

### Breastfeeding

POLICY	YES	No, not yet
I provide a comfortable, private area for mothers to breastfeed or express milk		
I provide refrigerated storage for breast milk		
I am trained in the proper handling of breast milk		

### Daily Physical Activity

POLICY	YES	No, not yet
I provide all children with numerous opportunities for physical activity throughout the day		
Preschoolers have at least 60 minutes of structured physical activity and at least 60 minutes of unstructured physical activity daily		
All children are provided outdoor time at least twice daily, weather and air quality permitting		
In the case of severe weather similar activities are provided inside		
I provide equipment and materials for active play that support the development of gross motor skills and are appropriate for all children		
During outdoor play, children practice gross motor skills with a variety of		

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activities, such as running, skipping, kicking and throwing balls		
Children with special needs have opportunities to participate in physical activity routinely with their peers.		
My facility is regularly inspected to ensure the safety of all children		
I ensure the outdoor environment is safe by discarding broken materials, cleaning contaminated areas, sweeping/raking areas regularly, and picking up large branches		
I participate in physical activity with the children to increase child participation and model healthy levels of activity		
Parents are instructed to dress their children for safe outdoor playtime		
In the summer children must come to school wearing sunscreen for morning outdoor play, and I will reapply prior to afternoon outdoor activities. Parents must complete a Topical Medication form		
Extra physical activity may be used as a reward; I never use it or withhold it as a punishment		
To ensure that children have plenty of time to be physically active during the day, I do not offer any screen time (TV, videos, computer, etc.)		

### EDUCATION

POLICY	YES	No, not yet
I offer a developmentally appropriate health education curriculum for children that includes lessons and activities on nutrition and physical activity		
Nutrition education is incorporated into other content areas, such as language and literacy development, math, science and music		
I incorporate nutrition themes into planned learning experiences and daily routines, when appropriate, to reinforce and support health messages.		
I participate in annual training on nutrition and physical activity for children to further my own knowledge and expertise		
Throughout my home, healthful food and physical activities are promoted		

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in posters, books, games and toys (e.g., toy foods)		
All books, posters, and other educational materials are free of illustrations of unhealthful foods		

### COMMUNICATION AND PROMOTION

POLICY	YES	No, not yet
I provide positive verbal and nonverbal messages about healthy eating and physical activity		
Food promotions and messages emphasize nutrient-rich foods only, such as fruits, vegetables, whole grains and low-fat dairy products		
I encourage family involvement to support and promote children's healthy eating and physical activity habits		
I welcome family input; for example, families are encouraged to suggest items they would like to see on the menu		
I communicate in ways that respect families' cultures and customs		
Nutrition education and physical activity information is provided for parents through newsletters and relevant handouts		
I will work with families to provide referrals to appropriate resources for families with children with special nutrition or health needs		
I encourage parents to communicate any concerns about their child's eating or physical activity habits		
I encourage parents to contact me with any questions or suggestions about our nutrition and physical activity practices		

### EVALUATION

POLICY	YES	No, not yet
I carry out a self-assessment of progress on wellness goals annually		
I solicit written feedback from parents on how they believe we meet		

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our wellness goals		
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